



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35236, Stew, pinto bean and hominy, badufsuki (Hopi)

Report Date: July 16, 2017 06:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	92.25	3	1.187	91.03	94.62	2.0	87.14	97.353	1	Analytical or derived from analytical	--	04/2010
Energy	kcal	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Energy	kJ	134	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Protein ¹	g	1.42	3	0.055	1.31	1.5	2.0	1.179	1.654	1	Analytical or derived from analytical	--	04/2010
Total lipid (fat) ¹	g	0.54	3	0.029	0.49	0.59	2.0	0.418	0.668	1	Analytical or derived from analytical	--	04/2010
Ash ¹	g	0.41	3	0.072	0.29	0.54	2.0	0.099	0.721	1	Analytical or derived from analytical	--	04/2010
Carbohydrate, by difference	g	5.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fiber, total dietary ¹	g	1.5	3	0.176	1.2	1.8	2.0	0.708	2.225	1	Analytical or derived from analytical	--	04/2010
Sugars, total ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Glucose (dextrose) 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Fructose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Starch 1	g	4.13	3	0.555	3.1	5	2.0	1.746	6.52	1	Analytical or derived from analytical	--	04/2010
Minerals													
Calcium, Ca 1	mg	7	3	2.501	2	11	2.0	-3.827	17.694	1	Analytical or derived from analytical	--	04/2010
Iron, Fe 1	mg	0.37	3	0.038	0.29	0.41	2.0	0.204	0.53	1	Analytical or derived from analytical	--	04/2010
Magnesium, Mg 1	mg	11	3	3.030	6	16	2.0	-1.66	24.413	1	Analytical or derived from analytical	--	04/2010

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Phosphorus, P 1	mg	25	3	6.699	13	36	2.0	-3.858	53.792	1	Analytical or derived from analytical	--	04/2010
Potassium, K 1	mg	86	3	19.827	55	123	2.0	0.626	171.241	1	Analytical or derived from analytical	--	04/2010
Sodium, Na 1	mg	45	3	8.582	32	61	2.0	7.876	81.724	1	Analytical or derived from analytical	--	04/2010
Zinc, Zn 1	mg	0.18	3	0.051	0.09	0.26	2.0	-0.041	0.399	1	Analytical or derived from analytical	--	04/2010
Copper, Cu 1	mg	0.036	3	0.014	0.01	0.06	2.0	-0.025	0.097	1	Analytical or derived from analytical	--	04/2010
Manganese, Mn 1	mg	0.059	3	0.019	0.02	0.09	2.0	-0.021	0.139	1	Analytical or derived from analytical	--	04/2010
Selenium, Se 1	µg	2.2	3	0.000	2.2	2.2	--	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamins													
Thiamin 1	mg	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Riboflavin 1	mg	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Niacin 1	mg	0.097	3	0.026	0.05	0.14	2.0	-0.015	0.209	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin B-6 1	mg	0.036	3	0.011	0.02	0.06	2.0	-0.011	0.083	1	Analytical or derived from analytical	--	04/2010
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, beta 1	µg	0	3	0.184	0	1	2.0	-0.424	1.157	1	Analytical or derived from analytical	--	04/2010
Carotene, alpha 1	µg	0	3	0.047	0	0	2.0	-0.154	0.247	1	Analytical or derived from analytical	--	04/2010
Cryptoxanthin, beta 1	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lycopene 1	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Lutein + zeaxanthin 1	µg	1	3	0.252	0	1	2.0	-0.581	1.588	1	Analytical or derived from analytical	--	04/2010
Vitamin E (alpha-tocopherol) 1	mg	0.04	2	--	0.01	0.06	1.0	--	--	1	Analytical or derived from analytical	--	04/2010

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Tocopherol, beta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, gamma ¹	mg	0.25	2	--	0.25	0.25	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, delta ¹	mg	0.01	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamin K (phylloquinone) ¹	µg	0.2	3	0.017	0.2	0.3	2.0	0.145	0.288	1	Analytical or derived from analytical	--	04/2010
Lipids													
Fatty acids, total saturated	g	0.085	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
4:0 ¹	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
6:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
10:0 ¹	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
12:0 ¹	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
15:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
16:0 1	g	0.053	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:0 1	g	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Fatty acids, total monounsaturated	g	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
16:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
16:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
16:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 undifferentiated ¹	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 c ¹	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Fatty acids, total polyunsaturated	g	0.122	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
18:2 undifferentiated ¹	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:2 n-6 c,c ¹	g	0.086	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:2 CLAs ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:2 t not further defined ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:3 undifferentiated ¹	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.036	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:3 n-6 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:4 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Cholesterol ¹	mg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Stigmasterol ¹	mg	2	3	0.156	2	3	2.0	1.607	2.946	1	Analytical or derived from analytical	--	04/2010
Campesterol ¹	mg	1	3	0.099	1	1	2.0	0.292	1.146	1	Analytical or derived from analytical	--	04/2010
Beta-sitosterol ¹	mg	4	3	0.475	4	5	2.0	2.312	6.404	1	Analytical or derived from analytical	--	04/2010

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13x, 2009 Beltsville MD